

Workshop & Presentation Offerings

1. Nutrition for Energy, Focus & Performance

A practical, no-diet approach to eating for sustained energy, mental clarity, and productivity.

Participants learn how to stabilize blood sugar, reduce cravings, and fuel their day without restriction or overwhelm.

2. Metabolism & Stress: Why the Body Doesn't Respond

A powerful reframe on weight, energy, and performance.

Explains how stress, workload, and lifestyle impact metabolism—and what actually helps the body shift out of fatigue, plateau, and burnout.

3. Hormonal Health for Women 40+

Designed specifically for women navigating perimenopause and beyond.

Covers changes in metabolism, fat storage, sleep, and mood—along with practical strategies to feel steady, strong, and in control again.

4. Emotional Eating, Binge Eating & Overeating: Understanding the Root Cause

Moves beyond willpower and discipline.

Helps participants identify *why* they turn to food when not physically hungry and introduces simple tools to break the cycle without restriction.

5. Breaking Patterns: Why We Do What We Do (and How to Change It)

A deep dive into habit loops, stress responses, and unconscious patterns.

Participants learn how to recognize their default behaviors under pressure—and how to create lasting change without forcing or burnout.

6. Stress, Nervous System & Resilience

Reframes stress from something external to something driven by internal patterns.

Teaches simple, actionable tools to regulate the nervous system, improve decision-making, and reduce reactivity in high-pressure environments.

7. Sustainable High Performance (Without Burnout)

For high-achievers who are used to pushing through.

Focuses on shifting from overdrive and inconsistency into steady, sustainable performance—physically and mentally.

Optional Add-Ons / Formats

- Interactive group workshops (60–90 minutes)
- Multi-part series for deeper integration
- Small group coaching sessions
- Keynote-style talks
- Customized workshops tailored to company needs